

Wearing Out Needlessly.
Many people wear themselves out needlessly; their conscience is a tyrant. An exaggerated sense of duty leads a person to anxious, ceaseless activity, to be constantly doing something, over-punctual, never idle a second of time, scorn to rest; such are in unconscious nerve tension. They say they have no time to rest, they have so much to do, not thinking they are rapidly unfitting themselves for probably what would have been their best and greatest work in after years.

Crime and Its Punishment.
For stealing two prayer books Joseph Szezepanski caused the arrest of Charles Jarambrowski in Chicago yesterday. The offense is a serious one and Jarambrowski will no doubt be hustled to the penitentiary.

That Tired Feeling

Just as surely indicates that the blood is lacking in vitality and the elements of health as does the most obstinate humor that the vital fluid is full of impurities. Hood's Sarsaparilla cures that tired feeling by enriching and vitalizing the blood, creating a good appetite and invigorating every organ of the body.

Hood's Sarsaparilla

"I had that tired feeling all the time. I took Hood's Sarsaparilla and it made me feel like a new man. My wife was all run-down and could not do her work. She has taken four bottles of Hood's and is in good health." C. BOWLEY, Manville, B. I.

Hood's Sarsaparilla is sold by all druggists. Get Hood's and only Hood's.

POTASH gives color, flavor and firmness to all fruits. No good fruit can be raised without Potash.

Fertilizers containing at least 8 to 10% of Potash will give best results on all fruits. Write for our pamphlets, which ought to be in every farmer's library. They are sent free.

GERMAN KALI WORKS,
93 Nassau St., New York.

W. L. DOUGLAS
\$3 & 3.50 SHOES

Worth \$4 to \$6 compared with other makes. Indorsed by over 1,000,000 wearers. The genuine have W. L. Douglas name and price stamped on bottom. Take no substitute claimed to be as good. Your dealer should keep them—if not, we will send a pair on receipt of price and 25c. extra for carriage. State kind of leather, size, and width, plain or cap toe. Cat. free. W. L. DOUGLAS SHOE CO., Brockton, Mass.

REST



"I wish I knew what was the matter with me, my cheeks are so pale, my lips so white, my muscles so weak, and my nerves seem to be all unstrung. I am just about as tired and depressed in the morning as I am at night. If I could only get some rest, but sleep seems to do me no good."

Shall we tell you what is the matter?

That's Anemia

Anemia—it's another name for starved blood, thin blood, poor blood. Of course this isn't the kind to have. What you want is rich blood, red blood. You want the old color back to your cheeks and lips. You want your nerves once more strong and steady. To make this change you must take a perfect Sarsaparilla, a Sarsaparilla made upon honor, a Sarsaparilla that you have confidence in.

That's AYER'S

"The only Sarsaparilla made under the personal supervision of three graduates: a graduate in pharmacy, a graduate in chemistry, and a graduate in medicine."

\$1.00 a bottle. All druggists.

"Too much cannot be said in favor of Ayer's Sarsaparilla. Since taking it I feel like a different person. I now enjoy and profit by my sleeping. My appetite is good, my nerves are strong and steady, and I know my blood is pure."—FRANK WENNERBERG, Des Moines, Iowa, Oct. 9, 1899.

25 cents a box. All druggists.

If your liver isn't acting just right, if you are constipated or bilious, take Ayer's Pills. When the bowels are all right the Sarsaparilla acts more promptly and more thoroughly.

World's Most Remarkable Whirlpool.
The Maelstrom, which means literally, "grinding stream," is situated on the Norwegian coast, southwest of the Lofoden Isles, and is the most remarkable whirlpool in the world. It runs between the island of Moskenes and a large solitary rock in the middle of the straits. The strong currents rushing between the Great West Fjord and the outer ocean through the channels of the Lofoden Isles produce a number of whirlpools, of which the maelstrom is by far the most dangerous.

A START IN THE LAW.

What Hitting a Mule Over the Head Had to Do With Making a Lawyer.

Illustrating what a trifling incident can influence a man's whole career, it is told of Judge William Lindsay, who is now United States senator from Kentucky, that when a young man still in his teens he was plowing in his father's field, which was near a cross roads store where a dozen or more men usually congregated. Young Lindsay and the mule he was working to the plow did not "gee" well, and finally in trying to turn the mule around at the far side of the field a worse misunderstanding than usual occurred. The mule turned square around and started back over the plow right at Lindsay, who grabbed a piece of fence rail and hit his big-eared servant a terrific jolt above the eye. The mule fell dead. Lindsay looked at the dead mule and then at the crowd across the field at the store. He saw the men had witnessed his killing of the mule and he started at full run to the store. When he reached there, almost out of breath, he exclaimed: "Gentlemen, I killed the mule, but I did it in self-defense." "By jingo, Bill, you ought to be a lawyer," said one of the men, "for anybody who can think of a plea of that sort on the spur of the moment would make a good one." That suggestion stuck in young Lindsay's mind—he did study law, became chief justice of Kentucky and one of the greatest lawyers they ever had. In 1896, when Lindsay, as senator, deserted his party on the silver issue, one of his old friends who knew of the mule incident, and who was angry at Lindsay for his course, said: "Say, boys, ain't it a pity that Lindsay killed that mule?"—Cincinnati Enquirer.

Should One Sleep After Eating?

We would not revert to this oft-discussed question to give any one's theoretical views or personal belief in the matter, or to bring forward the familiar argument, that because animals sleep just after they have eaten, hence the human animal should do the same, says the Medical Record. Dr. Schule of Fribourg has, however, approached the subject from the chemico-experimental side, and his results are worthy of record. Having analyzed the stomach's contents in two normal subjects a few hours after meals, some of which were followed by sleep and others not, he finds that sleep has for its constant effect the weakening of the stomach's motility and at the same time there is an increase in the acidity of the gastric juice. On the other hand, simple repose in the horizontal position stimulates the motive function of the stomach, but does not increase the acidity of gastric juice. The conclusion is hence reached that, while one should stretch himself out for a rest in the horizontal decubitus after a hearty meal, he should resist the tempting Morpheus, especially if there be present a dilated state of the stomach or if its juices be hyperacid.

NEW MEXICO AND ITS PEOPLE.

Something of the People, Their Houses and Manner of Living.

Some fifty of the teachers of Douglas County gathered at the courthouse to listen to the lecture of Professor Davidson, of the State University, on "New Mexico and Its People." Having spent some years in New Mexico as a professor in the Agricultural College there, he had his subject well in hand and spoke most entertainingly for an hour or more, holding the close attention of all present.

The professor launched out by declaring that one going to New Mexico gets the impression of being in a foreign country, which is due to the fact that of the people seventy-five per cent. are of Spanish descent and that ninety per cent. speak the Spanish language. There the methods are those of the foreigner and the customs are those of Spain.

Speaking of the country it was described as one great garden, especially in the valleys where the soil has been irrigated. Fruits of all kinds, especially those that would be found in a semitropical country, grow in great abundance.

The people, for the sake of illustration, the professor divided into three classes. The first was designated as the aristocracy, consisting of the rich and those who trace their ancestry back to noble birth. The second class consists of those who are eminently respectable, but not so wealthy, while the third and last class consists of the great laboring class, the members of which are poor—as poor as can be found in any country under the sun.

The first two classes go well dressed and make a good appearance, doing the business of the towns and cities, while the members of the third class do the hard work and the drudgery.

All of the houses of the poor and nearly all those of the rich are of adobe—sun-dried brick. While those of the well-to-do, although but one story in height, are comfortable those of the poor are mere huts, or dirt boxes ten to fifteen feet square, into which from fifteen to twenty people are crowded. They have no floors, are without furniture and are on the whole most uninviting places. The food of these people consists almost wholly of cornmeal and red peppers, the latter forming the principal article of diet.

There being no almshouses and no provisions made by State, counties or cities, for caring for the poor, New Mexico, the speaker said, is a land of beggars. They are in the country, upon the ranches and in the towns. Begging has become such a feature that each Saturday is recognized as "beggars' day." Each Saturday the beggars go from place to place asking alms and every person is expected to give.—Omaha World-Herald.

WORDS OF WISDOM.

He conquers who endures.—Perrins.

Good counsels observed are chains of grace.—Fuller.

Finish each day and be done with it.—Abraham Lincoln.

What loneliness is more lonely than distrust?—George Eliot.

Anger begins in folly and ends in repentance.—Pythagoras.

Things don't turn up in this world until somebody turns them up.—Garfield.

There is no genius in life like the genius of energy and activity.—Mitchell.

There is no substitute for thorough-going, ardent and sincere earnestness.—Dickens.

The wisest man may always learn something from the humblest peasant.—J. P. Senn.

Every duty which we omit obscures some truth which we should have known.—Ruskin.

Where there is emulation there will be vanity; where there is vanity there will be folly.—Johnson.

Envy is a passion so full of cowardice and shame that nobody ever had the confidence to own it.—Rochester.

Man stands in greater dread of a single beam of self-revealing light than of an arsenal of bludgeons.—H. A. Kendall.

New York's Greatest Contractor.

John B. McDonald, who is building New York's \$35,000,000 underground rapid transit system, was born in Ireland, fifty-six years ago. He was a fifteen-year-old boy when he arrived in this country and had a primary education only.

His education was continued in the public schools. His first occupation was that of timekeeper at the building of the Boyd's Corner Reservoir in Putnam County, New York. Later he was inspector of masonry on the building of the tunnel in Fourth avenue, New York City.

When he went into business as a contractor he was successful from the start. The first contracts he received were from Dillon, Clyde & Co. He was interested in the High Bridge branch of the New Jersey Central Railroad, the Georgian Bay branch of the Canadian Pacific Railroad, the Boston and Hoois Tunnel, the Buffalo extension of the Delaware, Lackawanna and Western Railroad, and also did extensive work on the West Shore road.

He constructed the tunnel of a mile and a half through Baltimore, Md., for the Baltimore and Ohio Railroad, which was a work of much magnitude. It was the largest single undertaking accomplished by him and secured the contract for the Jerome Park Reservoir several years ago, which is a \$7,000,000 piece of work.

Not Prepared.

An eccentric Maine preacher was recently driving along a country road and, overtaking a young man tramping his weary way on foot, invited him to a seat in his sleigh. After he was comfortably seated the preacher rolled the whites of his eyes up under the visor of his cap and said in sepulchral tones: "Young man, are you prepared to die?" With an ear-piercing scream and a back somersault over the back of the sleigh, the young man made for the dense woods, and has never been seen in those parts since.

Disgusting!

Skin eruptions, which keep you scratching, and look raw and sore. It is unrefined in either sex; and gives the impression of uncleanness. Don't you want to get rid of it? Get a 50c. box of Tetterine from your druggist, or send stamps to J. T. Shuprine, Savannah, Ga. It cures, without fail, all skin diseases. Give it a trial.

Dewey's Chinese Servant.

Admiral Dewey's body servant, who moved with him from the flagship Olympia to his new home presented to him last autumn in Washington, is Ah Maw, the Chinese boy. Ah Maw is an interesting character, and about as bright and shrewd a Chinaman as one ever meets. He is an enlisted sailor in the United States navy, and is temporarily detailed for duty with the admiral. He speaks English with remarkable clearness and fluency, is good natured to an unusual degree, and is perfectly devoted to his gallant master. Ah Maw has sole charge of Admiral Dewey's wardrobe, lays out his clothes to be worn each morning and keeps the admiral's trousers pressed and creased.

Ask Your Dealer For Allen's Foot-Ease.
A powder to shake into your shoes; cures the feet. Cures Corns, Bunions, Swollen Feet, Hot, Callosities, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. At all druggists and shoe stores, 25 cts. Sample mailed FREE. Adm. Allen S. Olmsted, Lowell, N. Y.

So useful are loads in gardens that they are sold in France by the dozen for stocking gardens to free them from many injurious insects.

We refund 10c for every package of PUTNAM FADELESS DYE that fails to give satisfaction. Monroe Drug Co., Unionville, Mo. Sold by all druggists.

Coral is again in favor, after its long period of disuse. The pink coral is the choicer, from its purity, but the common red is much worn.

The Best Prescription for Chills
and Fever is a bottle of GROVE'S TAFLETS. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

The price of the Transvaal sixpence in London is now five shillings. Kruger's pennies, however, are relatively more expensive.

F. J. Cheney & Co., Toledo, O., Props. of Hall's Catarrh Cure, offer \$100 reward for any case of catarrh that cannot be cured by taking Hall's Catarrh Cure. Send for testimonials, free. Sold by Druggists, 5c.

Half a century ago the labor cost in the production of 100 gold hunting watch cases turned was \$540. In 1897 it was only \$80.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 50c, a bottle.

A church society in Brooklyn discussed at a recent meeting the question: "Which is more demoralizing, fashion or tobacco?"

Piso's Cure is the best medicine we ever used for all affections of throat and lungs.—Wm. O. Emsley, Vanuren, Ind., Feb. 10, 1900.

Thirty-one American locomotives are ready for shipment from Philadelphia to China, with 200 tons of steel rails for Japan.

FIT'S permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Small bottle and treatise free. Dr. R. H. Kline, Ltd., 939 Arch St., Phila., Pa.

The United States Courts in New Mexico cost the government about \$75,000 a year.

The Makers of Carter's Ink Say:

"We can't make any better ink than we do; we don't know how to. We can make poorer ink, but we won't." Carter's Ink is the best.

French Canadians almost entirely use home-grown tobacco.

To Cure a Cold in One Day.
Take LAXATIVE BROMO QUININE TABLETS. All druggists refund the money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

There are 952,000 bank shares in New York city, assessed at \$85,409,846.

Gained 45 Pounds

"DEAR MRS. PINKHAM—I was very thin and my friends thought I was in consumption."

"Had continual headaches, backache and falling of uterus, and my eyes were affected."

"Every one noticed how poorly I looked and I was advised to take Lydia E. Pinkham's Vegetable Compound."

"One bottle relieved me, and after taking eight bottles am now a healthy woman; have gained in weight from 95 pounds to 140; everyone asks what makes me so stout."—MRS. A. TOLLE, 1946 Hill St., Philadelphia, Pa.

Mrs. Pinkham has fifty thousand such letters from grateful women.



THAT SPOT.

How did it get there? Or, to ask a more important question, "What will remove it?" This very day stop at the grocer's and get a cake of Ivory Soap. Don't be afraid of the cloth. Rub well, using flannel and hot water, wipe the lather off with a cloth or sponge dipped in clear water. Ivory Soap will not injure anything that will stand the application of water.

IVORY SOAP—99¹/₁₀₀ PER CENT. PURE.

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DEGENERATE DOG.

Many Diabolical Tricks Played by the Viciously Aberrant Animal.

Now and then there is a degenerate dog, just as there are degenerate men. I once knew a dog of that kind. He was a handsome fellow, a Scotch collie, black, with white breast, and lower forelegs and tip of tail also white. His father was a gentlemanly dog, and his mother was also reputable. At an early age this dog took to killing chickens, and would mouth and kill a whole brood of downy chickens in less than a minute from the first alarmed screech of the mother hen. A little later he killed, as a daily recreation, chickens of all sorts and conditions. Many attempts were made to shoot him, but he seemed bullet-proof. He would run into the street, seize a horse by the nose, and, swinging clear of the pavement, would hang there, while the terrified horse would vainly try to dislodge him. When a man on horseback came along, he would proceed to have fun with him by seizing his horse's tail. No whip could reach him, and when the rider would dismount the dog would beat a successful retreat. He killed all the cats in the neighborhood. When a peddler with samples of potatoes or apples entered the yard of his owner he would greet him with a friendly wagging tail and escort him to the door, but when the same peddler turned his back to go he never failed to take a bite at the calf of his leg. The dog's conduct finally raised the neighbors against him, and the owner was informed that if he did not get rid of him the dog would be shot. To save his life the owner gave him to a butcher. In his new environment he lasted but one day. He bit the butcher's daughter, and the butcher killed him.—Indianapolis News.

CHARLES I. AS A "MARTYR."

What Shall We Say of These Americans? Asks Roosevelt.

Any man who has ever had anything to do with the infliction of the death penalty, or, indeed, with any form of punishment, knows that there are sentimental beings so constituted that their sympathies are always most keenly aroused on behalf of the offender who pays the penalty for a deed of peculiar atrocity, says Theodore Roosevelt in Scribner's. The explanation probably is that the more conspicuous the crime the more their attention is arrested and the more acute their manifestations of sympathy become. At the time when the great bulk even of civilized mankind believed in the right of a king, not merely to rule, but to oppress, the action struck horror throughout Europe. Even republican Holland was stirred to condemnation, and as the king was the symbol of the state and as custom dies hard, generations passed during which the great majority of good and loyal, but not particularly far-sighted or deep-thinking men, spoke with intense sympathy of Charles, and with the most sincere horror of the regicides, especially Cromwell. This feeling was most natural then. It may be admitted to be natural in certain Englishmen even at the present day. But what shall we say of Americans who now take the same view; who erect stained-glass windows in a Philadelphia church to the memory of the "royal martyr," or in New York or Boston hold absurd festivals in his praise?

Distinguished Book Agents.

Napoleon Bonaparte, when a poor lieutenant, took the agency for a work entitled "L'Histoire de la Revolution." In the foyer of the great Palace of the Louvre can be seen today the emperor's canvassing outfit, with the long list of subscribers he secured. George Washington, when young, canvassed around Alexandria, Va., and sold over 200 copies of a work entitled "Byrd's American Savage." Mark Twain was a book agent. Longfellow sold books by subscription. Jay Gould, soon starting in life, was a canvasser. Daniel Webster paid his second term's tuition at Dartmouth by handling "De Tocqueville's America" in Merrimack county, New Hampshire. Gen. U. S. Grant canvassed for Irving's "Columbus." James G. Blaine began life as a canvasser for a "Life of Henry Clay." Bismarck, when at Heidelberg, spent a vacation in canvassing for one of Blumenbach's handbooks.

Auburn, N. Y., churches have united to war on the treating habit.

Double Trouble



The complication of

SPRAINS and BRUISES

is a very sore trouble, but doubly so, if it is a sprain or bruise, there is no remedy known the equal of

St. Jacobs Oil

for a
PROMPT, SURE CURE

SACRIFICE SALE First Class Music.

50 PIECES, \$2.
For sixty days we will send FIFTY PIECES OF FIRST CLASS, FULL SIZED, high grade, standard Vocal and Instrumental MUSIC, carefully selected, including Solos, Duets, Quartets, Waltzes, Polkas, Operas, Negro Melodies, Hymns, etc., etc., charges prepaid by post or express to any part of the United States or Canada, upon receipt of two dollars in cash, stamps or money order. The regular price of this music is \$20. Address FRANKS WATLAND GLEN & CO., 149 Broadway, New York City.

WILLS PILLS—BIGGEST OFFER EVER MADE.

For only 10 Cents we will send to any P. O. address, 10 days' treatment of the best medicine on earth, and put you on the track how to make money right at your home. Address all orders to The R. H. Wills Medicine Company, 23 Elizabeth St., Hagerstown, Md. Branch Office: 129 Ludiana Ave., Washington, D. C.

DROPSY NEW DISCOVERY: gives quick relief and cures worst cases. Book of testimonials and 10 days' treatment free. Dr. H. H. GREEN'S HOME, Box 2, Atlanta, Ga.

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PISO'S CURE FOR CONSUMPTION
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

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CONDENSED ENCYCLOPEDIA OF UNIVERSAL KNOWLEDGE, as it treats upon about every subject under the sun. It contains 600 pages, profusely illustrated, and will be sent, postpaid, for 50c. in stamps, postal note or silver. When reading you doubtless run across matters and things understood and understood and it will clear up for you.

AN ENCYCLOPEDIA FOR 50c.

referred to easily. This book information, presented in as well worth to any one many times the small sum of FIFTY CENTS which we ask for it. A study of this book will prove of incalculable benefit to those whose education has been neglected, while the volume will also be found of great value to those who cannot readily command the knowledge they have acquired. BOOK PUBLISHING HOUSE, 134 Leonard St., N. Y. City.